

Is Your Child Getting Enough Sleep



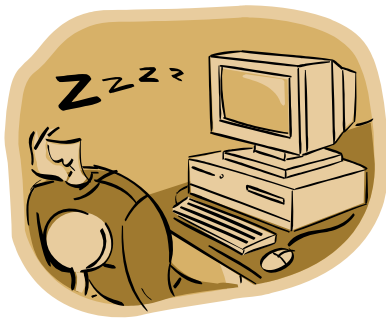
Preschool	11-13 hours
5 years	11 hours
6 years	11 hours
7 years	11 hours
8 years	10-11 hours
9 years	10-11 hours
10 years	10 hours
11 years	10 hours
12 years	9.5-10 hours
13 years	9.5-10 hour
14 years	9.5 hours
15-17	9.5-10 hours



YOU SHOULD BE SLEEPING

For You & Your Teen

- **Adjust the lighting.** As bedtime approaches, dim the lights. Turn the lights off during sleep. In the morning, expose your teen to bright light. These simple cues can help signal when it's time to sleep and when it's time to wake up.
- **Stick to a schedule.** Tough as it may be, encourage your teen to go to bed and get up at the same time every day — even on weekends. Prioritize extracurricular activities and curb late-night social time as needed. If your teen has a job, limit working hours to no more than 16 to 20 hours a week.
- **Nix long naps.** If your teen is drowsy during the day, a 30-minute nap after school may be refreshing. But too much daytime shut-eye may only make it harder to fall asleep at night.
- **Curb the caffeine.** A jolt of caffeine may help your teen stay awake during class, but the effects are fleeting. And too much caffeine can interfere with a good night's sleep.
- **Keep it calm.** Encourage your teen to wind down at night with a warm shower, a book or other relaxing activities — and avoid vigorous exercise, loud music, video games, text messaging, Web surfing and other stimulating activities shortly before bedtime. Take the TV out of your teen's room, or keep it off at night. The same goes for your teen's cell phone and computer.



GIVE YOUR COMPUTER A REST GO TO BED

PARENTS MAKE SURE YOUR CHILD IS NOT UP ALL NIGHT TRYING TO DO HOMEWORK



It should be no more than 2 hours